

- 1           1.     An exercise platform that is dynamic in nature to provide an unstable  
2 surface upon which an individual may exercise, the exercise platform comprising:  
3                 a stable base;  
4                 a board upon which the individual may exercise; and  
5                 an adjustable hub, wherein a first end of said adjustable hub is coupled to  
6 said base and a second end of said adjustable hub is coupled to said board, and  
7 wherein said hub moves to cause said board to tilt in any direction.  
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9           2.     An exercise platform as recited in claim 1, wherein said hub moves by  
10 flexing to cause said board to tilt in any direction.  
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12           3.     An exercise platform as recited in claim 1, wherein said hub moves laterally  
13 to cause said board to tilt in any direction.  
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15           4.     An exercise platform as recited in claim 1, wherein said hub comprises a  
16 two-part member.  
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18           5.     An exercise platform as recited in claim 1, wherein said hub comprises:  
19                 (i)     a flexible connector; and  
20                 (ii)    a tilt adjuster movably coupled thereto.  
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22           6.     An exercise platform as recited in claim 5, wherein said adjuster is  
23 selectively rotated about said flexible connector to adjust the amount to which said board is  
24 able to tilt toward said base.





1           17.    An exercise platform as recited in claim 15, wherein when a second  
2 protrusion resides in said socket, a second lower abutment member is aligned under said  
3 upper abutment member.  
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5           18.    An exercise platform as recited in claim 1, further including a friction  
6 reducer that is interposed between said board and said hub to reduce the amount of friction  
7 between said board and said hub.  
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9           19.    An exercise platform as recited in claim 1, further including a reinforcement  
10 for distributing any force that is applied to a center of said board, wherein said  
11 reinforcement is coupled to said center of said board.  
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13           20.    An exercise platform as recited in claim 1, further including a non-slip  
14 material placed on an upper surface of said board.  
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16           21.    An exercise platform as recited in claim 1, further comprising an exercise  
17 mechanism coupled to the platform to modify the dynamic nature of the platform.  
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1           22.    An exercise platform as recited in claim 21, wherein said exercise  
2 mechanism comprises at least one handle coupled to the board.

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4           23.    An exercise platform as recited in claim 22, wherein said handle is  
5 stretchable.

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7           24.    An exercise platform as recited in claim 22, wherein a first end of said  
8 handle is configured to be held by an individual and a second end of said handle is  
9 selectively coupled to said board, such that use of said handle causes said board to tilt.

1           25.    A wobbly apparatus upon which an individual may stand, the wobbly  
2 apparatus comprising:

3                   a first support upon which the individual stands;

4                   a second support that is placed on a stable surface;

5                   a flexible connector interposed between said first support and said second  
6 support, wherein said connector allows at least one of:

7                           (i)     the weight of the individual; and

8                           (ii)    the movement of the individual to cause said first support to  
9 move toward said second support; and

10                  a tilt adjuster interposed between said first support and said second support  
11 to restrict the movement of said first support towards said second support.

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13           26.    A wobbly apparatus as recited in claim 25, wherein said adjuster is  
14 selectively adjustable to provide a plurality of settings for controlling the amount of said  
15 movement of said first support toward said second support.

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17           27.    A wobbly apparatus as recited in claim 26, wherein said adjuster is  
18 selectively adjusted between said plurality of settings without vertically displacing any of  
19 said first support, said second support, said flexible connector or said adjuster.

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21           28.    A wobbly apparatus as recited in claim 25, further including at least one  
22 handle.



1           31.    A wobbly platform upon which an individual may stand, the wobbly  
2 platform comprising:

3                   a board;

4                   a base;

5                   a flexible connector interposed between said board and said base, wherein  
6 said flexible connector allows the weight of an individual to cause said board to tilt  
7 in any direction; and

8                   a tilt adjuster placed about said flexible connector to restrict the amount  
9 which said board tilts.

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11           32.    A wobbly platform as recited in claim 31, wherein said adjuster is  
12 selectively adjustable to provide a plurality of settings for controlling the amount in which  
13 said board may tilt.

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15           33.    A wobbly platform as recited in claim 31, further including at least one  
16 handle, wherein a first end of said handle is held by the individual and a second end of said  
17 handle is coupled to one of said board.



1           34.     A dynamic platform that provides an unstable surface for an individual, the  
2 dynamic platform comprising:

3                 a rigid board for supporting an individual;

4                 a stable base for supporting said board;

5                 a flexible hub for coupling said board to said base and allowing said board  
6 to tilt in any direction toward said base, wherein said hub comprises:

7                     a flexible connector having a top abutment member set; and

8                     an adjuster that includes one or more bottom abutment member sets,  
9 wherein one of said one or more bottom abutment member sets is  
10 selectively aligned with said top abutment member set to restrict the amount  
11 of tilt of said board.

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13           35.     A dynamic platform as recited in claim 32, wherein a central position of  
14 said board remains unchanged while one of said one or more abutment member sets is  
15 selectively aligned with said top abutment member set.

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17           36.     A dynamic platform as recited in claim 31, further comprising one or more  
18 handles coupled to said board for modifying the unstable surface of the dynamic platform.

